

IMPORTANT CHANGES to how we prescribe some over-the-counter medicines*

Your local NHS does not support the prescribing of medications that can be bought over-the-counter to treat short term minor illnesses and ailments.

You can help the NHS and **often get the help you need more quickly** by:

- Buying medicines which are available **over the counter** to treat minor ailments and self-limiting conditions, **instead** of going to your GP to ask for a prescription.
- Asking your local pharmacist for advice **before** making an appointment with your GP or practice nurse. Pharmacists are trained experts and can give advice on a wide range of minor ailments. **You don't need an appointment and many pharmacies open late.**
- Don't forget, you can also call **NHS 111** for health advice 24 hours a day, 7 days a week.

Take responsibility for your health - Look after yourself and your family – give yourself the best chance of a healthy future.

Visit www.nhs.uk/livewell for help and advice on living healthily.

For complaints relating to this guidance please contact:

Complaints Manager, NHS Castle Point and Rochford CCG, 12 Castle Road, Rayleigh SS6 7QF
Tel: 01268 464586 or Email: CPRCCG.Complaints@nhs.net

***The guidance is for those who have short-term illnesses.**

NHS Castle Point and Rochford Clinical Commissioning Group
NHS Southend Clinical Commissioning Group

